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Black Belt Wiki

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Karate Hand Strikes
List of Karate Hand Strikes & Punches

This page examines a wide variety of Karate hand strikes and provides the Japanese names for these techniques. For the Japanese names for punches, please see the Karate Punches section.

For punches and hand/arm strikes used by other martial arts styles (i.e. Muay Thai and Krav Maga), please visit the main Punches & Strikes page.

Wiki – Best Karate Books

Examples of Karate Strikes

Haishu uchi – Back hand strike
Haito uchi – Ridge hand strike (back of sword)
Ipon ken – Forefinger knuckle strike
Ipon nukite ken – First finger spear strike
Kai ko ken – Open fist strike
Kakuto – Head of the crane / goose neck strike
Ko koo – Tiger’s mouth strike
Kuma de – Bear hand strike
Keito – Head of the hen strike
Nakadaka ipon ken – Middle finger knuckle strike
Nihon nukite – Two finger spear strike
Nukite – Spear hand strike
Seiken – Clenched fist strike
Shuto uchi – Knife hand strike (sword)
Teisho uchi – Palm heel strike
Tetsu tsui – [Iron] Hammer fist

Uraken uchi – Back fist strike
Washi de – Eagle’s beak strike
Wan to – Sword arm strike
Examples of Karate Punches

Age-Zuki (Age-Tsuki) – Uppercut Punch or Rising Punch
Choku-Zuki (Choku-Tsuki) – Straight Punch
Gyaku-Zuki (Gyaku-Tsuki) – Reverse Punch
Hasami Zuki – Scissor Punch
Kage-Zuki (Kage-Tsuki) – Hook Punch
Kizami-Zuki (Kizami-Tsuki) – Jab Punch
Mawashi-Zuki (Maswashi-Tsuki) – Roundhouse Punch
Morote-Zuki (Morote-Tsuki) – Double Fist Punch or Double U Punch
Oi-Zuki (Oi-Tsuki) – Lunge Punch
Tate-Zuki (Tate-Tsuki) – Vertical Punch
Tobikomi Zuki – Snap Punch
Ura-Zuki (Ura-Tsuki) – Upside-Down Punch or Inverted Punch (To The Solar Plexus)
Yama-Zuki (Yama-Tsuki) – Two-Level Double Punch or Mountain Punch

Related Punch & Strike Terminology

Zuki or Tsuki – Punch
Uchi – Strike
Jodan – High Section (i.e. High Punch – Jodan Zuki)
Chudan – Middle Section
Gedan – Low Section
Shotokan Karate Hand Strikes

Martial arts books are great tools to supplement the information being taught by your martial arts school.

Best Books – Visitor favorites!
Aikido Books
BJJ & Judo Books
Flexibility & Stretching Books
Karate Books
Krav Maga Books
Muay Thai Books

Shotokan Books
Taekwondo Books
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This site is for informational purposes only. All martial arts techniques and exercises should be supervised by a trained martial arts instructor in order to prevent injuries and to ensure the proper technique is utilized. The information on these pages and videos is meant only to reinforce and supplement the instruction given at your martial arts classes. To properly understand these techniques, you need to learn them from a martial arts instructor who can provide you with an in-depth explanation of the technique, help correct your mistakes, answer your questions and detail how the technique should be utilized. In addition, all martial arts techniques and training should be used safely and responsibly.

Make Your Own Home “Dojo”

Martial Arts Training Equipment – Practice mats, striking bags, focus mitts, makiwara, kicking shields, kicking shoes, etc.

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Here’s the core list of karate hand strikes and punches from the page you shared:

- Haishu uchi — Back hand strike
- Haito uchi — Ridge hand strike
- Ipon ken — Forefinger knuckle strike
- Ipon nukite ken — First finger spear strike
- Kai ko ken — Open fist strike
- Kakuto — Head of the crane / goose neck strike
- Ko koo — Tiger’s mouth strike
- Kuma de — Bear hand strike
- Keito — Head of the hen strike
- Nakadaka ipon ken — Middle finger knuckle strike
- Nihon nukite — Two finger spear strike
- Nukite — Spear hand strike
- Seiken — Clenched fist strike
- Shuto uchi — Knife hand strike
- Teisho uchi — Palm heel strike
- Tetsu tsui — Iron hammer fist
- Uraken uchi — Back fist strike
- Washi de — Eagle’s beak strike
- Wan to — Sword arm strike

The page also lists common punches such as Age-Zuki, Choku-Zuki, Gyaku-Zuki, Kizami-Zuki, Oi-Zuki, Tate-Zuki, Ura-Zuki, and Yama-Zuki.[1]

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Karate Ladies How to perform Shuto Uchi knife hand strike

Shotokan vs Kyokushin hand strike differences
Common mistakes in Karate punches training video

Shuto uchi is the knife-hand strike, and the basic mechanics are: make the hand rigid with fingers together, tuck the thumb, strike with the outer edge of the hand from little finger to wrist, and drive the motion with hip rotation rather than the elbow leading. A good demo should also show a relaxed-to-snapped delivery, straight alignment from shoulder through striking edge, and controlled breath/kiai.[11][12]

Shotokan vs Kyokushin

Shotokan and Kyokushin differ most in distance, stance, and contact culture: Shotokan is generally more bladed and long-range, while Kyokushin tends to be more squared and full-contact. In practice, that means Shotokan often emphasizes fast in-and-out striking and point-oriented timing, while Kyokushin emphasizes tougher exchanges at closer range under heavier contact.[13][14][15]

Punching mistakes

For karate punch training videos, common mistakes highlighted in beginner material include poor punching mechanics, stance problems, and weak power generation. One useful way to frame the lesson is: don’t let the elbow lead, don’t over-muscle the strike, and don’t drill sloppy reps, because repetition only reinforces the error.[16][17]

Visual reference

A simple knife-hand reference image is available here.

Would you like this turned into a clean training-note format for class use?

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KARATE WOMEN Best drills to perfect Shuto Uchi for beginners

Haito Uchi ridge hand strike tutorial
Shotokan katas featuring knife hand strikes heavily

For beginners, the best way to build a clean shuto uchi is to drill the hand shape, hip snap, and recovery separately before combining them into a full strike. The same page set also shows haito uchi as a related ridge-hand strike, and Shotokan kata like Heian Shodan use shuto techniques repeatedly, making them useful for practice.[21][22][23]

Beginner drills

- Air-rep slow motion: form the knife hand, pause at chamber, then extend with hip rotation and stop on target line.
- Wall-line drill: track the striking edge along a fixed line so the hand stays aligned and doesn't flare.
- Hip-and-step drill: practice stepping and turning the hips before adding speed, so the strike comes from the body, not just the arm.
- Pad touch drill: lightly touch a pad first, then gradually increase speed and snap while keeping control.
- Recovery drill: return the hand to guard immediately after impact, which helps beginners avoid overextending.[22][24]

Haito uchi basics

Haito uchi is the ridge-hand strike, using the inner edge of the hand near the index finger base rather than the outer knife edge used in shuto uchi. The tutorials emphasize a tight hand shape, tucked thumb, relaxed-to-sharp whipping motion, and hip/shoulder engagement for power.[25][21]

Shotokan kata with shuto

Heian Shodan is a strong starter kata for knife-hand work because it includes multiple shuto movements and helps beginners practice stance, timing, and body alignment. More generally, Shotokan kata use shuto uke/uchi patterns often enough that they become a good repetitive vehicle for refining hand shape and chambering.[26][23][24]

Training cues

Keep the hand rigid but not tense, strike with the edge, and avoid letting the elbow swing wide or the wrist collapse. For beginners, the most useful correction is to slow the strike down until the path is accurate, then build speed only after the shape stays

consistent.[24][22][25]

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MARTIAL ARTS GIRLS

Here are a few strong directions if you mean **martial arts girls** content:

Training ideas

- Focus on girls' martial arts clips that show technique, not just flashy highlights.
- Good themes include kicks, kata, self-defense, sparring, and flexibility work.
- For karate specifically, women's classes often blend karate, boxing, kickboxing, and self-defense drills.[31]

Good visual styles

- Fast-kick compilations.
- Women's training in dojo settings.
- Female martial artists doing kata, bag work, or partner drills.
- Self-defense demonstrations for beginners.[32][33][34]

If you want useful content

- For practical training, women-focused self-defense material often emphasizes striking, grappling, and escape skills.
- Common styles recommended for women include BJJ, Muay Thai, Judo, MMA, and Karate, depending on the goal.[35][36][37]

Would you like me to narrow this to **karate girls**, **self-defense**, or **video ideas**?

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1. https://blackbeltwiki.com/karate-hand-strikes

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3. https://karate.sites.yale.edu/japanese-terms

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14. https://www.kwunion.com/interesting/difference-between-shotokan-kyokushin/

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26. https://www.youtube.com/watch?v=NWWTnBX955g

27. https://www.youtube.com/watch?v=C-AvnKfQkrk

28. https://www.shotokankarateonline.com/blog/4-basic-karate-strikes-combination-from-heiko-dachi/

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34. https://www.instagram.com/femalesmartialarts/

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